

Post Raisin Bran



Serving Size	1 1/4 cup(61 g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	11%
Total Carbohydrates 48g	17%
Dietary Fiber 9g	31%
Soluble Fiber 1g	
Insoluble Fiber 7g	
Total Sugars 20g	
Incl. 9g Added Sugars	19%

61 grams cereal can have up to 13 grams added sugar (meets 10/1/25 sugar limits).

The first ingredient is whole grain and the cereal is fortified.

Ingredients

Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Wheat Flour, Malted Barley Flour, Salt.

Vitamins & Minerals

Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin B12, Vitamin D3.

Cereal is fortified